

MDA Link Newsletter: Winter 2005

From the President:



Happy New Year! Happy Winter 2005!

A new year brings hope and promise for the future. Now is the time of year when we all create resolutions. Resolutions are usually intended to help us change or improve our lives for the better. Webster's dictionary defines resolution: "a decision to do something or to behave in a certain manner". They can be long and wordy or short and sweet. I thought about resolutions and decided that I would share the resolutions that I have for MDA:

1. continue to work toward reimbursement of our services by all insurers.
2. continue to position registered dietitians as *the* first line of defense in the healthcare arena.
3. increase members' awareness of the many benefits that ADA and MDA has to offer them.
4. reward and acknowledge all that dietitians do everyday. Do you know a MDA member who should be recognized on our website? Send me their name, etc.
5. to encourage you to exercise your right to vote for your MDA Board of Directors. Ballots will be available on-line or by mail.
6. to ensure that all residents of MI receive the very best in nutritional care.

7. to continue to fight for our children's health. Come to the Saturday Forum at the MDA conference and listen to Dayle Hayes' talk: "Simple Solutions for Healthy Families: Food, Fitness and Fun".

8. to continue to educate lawmakers about registered dietitians.

9. to never give up the quest for licensure.

10. to personally greet and thank each of you for representing the profession of dietetics.

I invite you to join your colleagues at the MDA annual conference in Grand Rapids on May 12-14. Tanya Lesinski and her committee have a spectacular program for you. It is a great opportunity to network, learn new ideas and enjoy each other's company. Many exciting programs have been planned. You will not want to miss this conference.

Have you visited www.eatrightmich.org lately? Your MDA website is a resource for the latest educational programs and what is happening in your association. Visit often and tell us about your visit. Please email or call me: 734-453-1029 or mcdonaghrd@wowway.com.

This is an exciting time to be a registered dietitian. Participate in your district association or the state association. Bring your ideas, share your enthusiasm, and help create the future of dietetics.

Welcome to the future! See you in May in Grand Rapids!

Lee

Lee McDonagh, RD, CDE
President, MDA 2004-2005

The 2005 MDA Annual Conference MDA-Positioning YOU for the Future!

Are you looking for some fun, educational credits, an opportunity to network with other dietitians, and an evening full of celebration and fashion? Join the Michigan Dietetic Association for its Annual Conference on May 12-14, 2005 at the Crowne Plaza in Grand Rapids, Michigan.

It all begins on Thursday with a Pre-Conference event featuring a great program on "Optimizing Glycemic Control." Susan Finn, PhD, RD, FADA, former ADA President, kicks off the day on Friday with a fascinating and informative presentation on what the food and beverage industry is doing to help build a healthy America. Other topics to be discussed include a Healthy Kids Initiative Update, Celiac Disease Management, and The Art of Leadership, Practical Use of Indirect Calorimetry and much more! After a day of learning, join us for a wine and cheese reception featuring a fashion show provided by Casual Corner. Area dietitians of all sizes will model the spring fashions to help you "Dress for Success!"

Last but not the least by far, MDA is proud to present a Saturday Public Forum entitled, "Simple Solutions for a Healthier Family: Food, Fitness and Fun". The program will feature Dayle Hayes, MS, RD, a nationally known, award winning author and speaker. Ms. Hayes will deliver a creative and enthusiastic presentation for both the public and dietitians. She will also be joined by a panel of experts in health and fitness who will offer simple solutions to nutrition and fitness issues faced by professionals and families. The program will wrap up with a unique "Solution Center" which is sure to motivate everyone!

Don't miss this great opportunity to network with dietetic professionals and earn CE credits through high quality presentations! Mark your calendars and let MDA Position YOU for the Future!

Michigan Dietetic Association Call For Abstracts Poster Session 2005

You are invited to submit an abstract for review and presentation during the Poster Session at the Michigan Dietetic Association's Annual Conference "Positioning YOU for the Future!" at the **Crowne Plaza Hotel, May 12 – 14, 2005.**

An abstract is a brief summary (250 words or less) of specific ideas to be presented, and a statement of its relevance to practice. Two types of abstracts may be presented:

Original research abstract includes a brief description of the research methodology (including design, subject characteristics and procedures), the major findings, and the conclusions or implications for the practice of dietetics.

Project or program report abstract contains information about the need for such a program or project, the theory or previous research upon which it is based, the unique characteristics of the project or program, the characteristics of the subjects or target audience involved, and the type of evaluation procedures used.

The abstract is the foundation for the formulation of a poster that will be presented at the Poster Session of the MDA Annual Conference on **Friday, May 13, 2005.** A poster presentation should include the use of charts, graphs, illustrations and/or photographs. Poster sessions allow an opportunity for informal, one to one discussions about the issue, problem, project or research presented.

Rules for Submission

- 1) Authors must be in good standing with the Michigan Dietetic Association. Students submitting abstracts must include a letter from their faculty advisor approving the abstract for consideration.
- 2) Abstracts must be double spaced, no smaller than 12 point font, and are not to exceed one 8 1/2" x 11" page with 1" margin on each side. Title and author(s) must be listed at the top of the

document in all capital letters. Original abstract is to be submitted as an email attachment (Word document).

3) Submissions are limited to one abstract as first author.

4) Abstracts which have been presented at other major professional conferences (example: ADA, ASPEN, AADE) within the past year may be submitted.

5) Dietetic/Nutrition Professional Abstract Submission: Abstracts that follow submission guidelines are peer reviewed by a panel of dietetic professionals with specific experience in various practice areas. Abstracts are reviewed according to the following criteria:

- Relevance of topic to current dietetic practice
- Adequacy of design, methods, instruments, data and information presented
- Congruency of results with objectives
- Degree to which conclusions are supported by the given results
- Accuracy of spelling and grammar
- Compliance to the rules for submission and instructions

6) Student Abstract Submission: Abstracts that follow submission guidelines are peer reviewed by a panel of dietetic professionals with specific experience in various practice areas. Abstracts are reviewed according to the following criteria:

- The Dietetic Educators Practice Group of the Michigan Dietetic Association will present **3 awards for \$100 each**. The selection of abstracts for these awards will be based on all of the criteria mentioned under Dietetic/Nutrition Professional Abstract Submission.
- In addition, student submissions **MUST** be accompanied by letter of support from faculty advisor
- These awards will be presented at the start of the poster session on **May 13th**, and are intended to assist with the cost of annual meeting attendance and travel expenses

7) Poster presentations that constitute promotion and/or advertising will be prohibited. This specifically includes the pervasive or inappropriate use of logos. No sale of materials is

allowed during presentations.

8) Posters must be presented on a self-standing display board (available at most office supply stores) and must not be larger than 36" x 48" flat or 36" x 24" folded. Posters that do not fit this requirement will not be allowed.

9) All poster presenters are responsible for their own expenses including poster materials, registration, travel and hotel, etc.

10) If an author cannot attend the Poster Session on **Friday May 13, 2005**, the author will be responsible for providing a substitute presenter.

11) Original abstracts must be submitted as email attachments (Word document) by **March 11, 2005**. Please include your name and contact information (address, e-mail, day and evening phone) to: Monica Lowe, M.H.S., R.D.: **monica.lowe@emich.edu**

12) Authors will be notified of the final status of their abstracts by **April 1st**.

13) If you have any questions or need additional information, please contact:

Monica Lowe, M.H.S., R.D.

monica.lowe@emich.edu

734/487-2416 – Office

734/560-4596 - Mobile

Web Resources – Where Are They?

By Dawn Dahl, Wayne State University Dietetic Student

Researching nutritional information for classroom projects, rotations/internships, or in the work environment is a common practice in the field of dietetics. Where does one begin in gathering this type of information? There are a variety of methods available to gather nutrition and food safety information. As dietitians in this age of technology, we have many resources readily available along the informational highway on the World Wide Web. Many internet sites that deal specifically with diseases also provide useful

nutritional information; American Heart Association, American Diabetes Association, National Kidney Foundation and American Cancer Society are just a few.

As members of the ADA, we have access to this website and all that it provides including a link to PubMed that allows entry into scientific journals. Belonging to practice groups that include listservs establishes a link to other RDs for additional resources. As students in ADA, we now have our own connection through the Student Council Community of Interest (CoI). If you have not already joined, just go to the ADA website and do a search for Student Scoop (Nov 2004) for information on joining this free service, which provides information and a connection to other students. Listed below are just a few other internet sources that have proven useful in nutritional information and research:

Organization / Website / Topics

General

Administration on Aging

www.aoa.dhhs.gov/prof/aoaprogram/nutrition/nutrition.asp

Elderly Food Programs

ANRED www.anred.com

Anorexia nervosa, Eating Disorders

Archives of Pediatrics & Adolescent Med.

<http://archpedi.ama-assn.org>

Pediatric and Adolescent Journals

Ask Dietitian www.dietitian.com

General Nutrition

Meals on Wheels www.mowaa.org

Meals on Wheels Locations

MSU Extension

www.msue.msu.edu/msue/cyf/family/fcs-fnh.html

Michigan Family Programs

National Institutes of Health (NIH)

www.nih.gov

Health Issues

U.S. Food and Drug Admin. (USFDA)

www.cfsan.fda.gov

Food Safety, Dietary Supplements
U.S. Dept. of Agriculture (USDA) www.usda.gov
Food and Nutrition, Food Safety

Vegetarianism in a Nutshell www.vrg.org
Vegetarian Information

Clinical

ASPEN www.clinnutr.org

Am. Soc. for Parenteral and Enteral Nutrition

Long Term Care

Becky Dorner & Assoc.

www.beckydorner.com/resources.html

Long Term Care/Clinical

Food Service

National Sanitation Foundation (NSF)

www.nsf.org/business

Food Safety

U.S. Food and Drug Administration

www.fda.gov

Food Safety, HACCP

Schools

American School Food Service Assoc.

www.asfsa.org

School Lunch Programs

National Assoc. of College & University

www.nacufs.org

University Food Service

Along with these valuable websites, don't forget to look in our own backyard for useful information and handouts, as Michigan is one of the top agricultural producers. Numerous committees listed on the State of Michigan website (www.michigan.gov? MI Government? Executive Branch? Departments? Agriculture? MI Marketplace? Grown and Produced in MI? MI Agricultural Organizations) will provide recipes, brochures and information on homegrown products such as apples, cherries, beans and corn. Lastly, remember to check on the resources and ideas from suppliers, such as Gordon Food Service, Sysco, Ross Laboratories, Novartis, and your own local vendors or drug representatives.

Although the internet is a great source of research information, always evaluate the information for accuracy and potential bias. For your next nutritional project, consider compiling a resource journal that includes internet sites, contacts, and the information they provide to help with future researching needs. Happy Researching!

Dawn Dahl is a senior student in the Coordinated Program in Dietetics at Wayne State University. She lives in Sterling Heights with her husband Jim and two children, Ashley and Austin. Her articles in upcoming Link issues will focus on news and information relevant to both practicing dietitians and dietetic students.

Get Involved with MDA

By Nancy Kennedy MS, RD

Are you looking for networking opportunities with other dietitians? Are you wanting to test your talents as a leader in the fields of dietetics? Are you interested in becoming involved with the Michigan Dietetic Association? If so, PLEASE READ ON.

ADA has started an initiative at the National level to help recruit and retain new members. They would like a representative from each State to be part of this national effort. MDA is currently seeking an interested RD to take on this responsibility. Ideally the person would be someone who has been in the field of dietetics 5-10 years. ADA is offering MUCH support to anyone who takes this position including a web-based community of interest which has all sorts of resources and conference calls with other RDs in the position to share ideas. What a great way to meet leaders across the country and get you name out there, plus be of service to your profession. A description of the position is posted below. If you are interested please contact Nancy Kennedy at 586-781-6404, or by email: nkennedy30@comcast.net.

Position Description: Establish a communication network between the affiliate (MDA), new ADA members, and ADA's New Member Advisory Committee (NMAC) liaison.

The position will:

- Communicate via e-mail with their NMAC liaison at least 4 times each fiscal year (June-May)
- Attend at least one (1) affiliate Board of Directors (BOD) meeting annually and send at least one report to the affiliate BOD
- Report activities of the NMAC to the affiliate leaders
- Establish a 'local network' of new ADA members—defined by the NMAC as individuals within the first 5 years of ADA membership, after completion of a CADE Accredited undergraduate program, an approved dietetic internship, or Coordinated Program
- Communicate new/current activities and information of ADA, NMAC, the affiliate, and districts to local new members at least two (2) times per year
- Implement at least one(1) new program/activity to encourage and enhance new member involvement within ADA, the affiliate, or other local group

Time Commitment:

Two-year term length

Approximately 5 hours per month, plus attendance at one affiliate BOD meeting

Benefit to affiliate representative:

- Leadership development
- Career development – communication, negotiation, strategic planning
- Resume development
- ADA and affiliate recognition
- Networking and meeting new and seasoned members
- Mentoring of new members
- Access to cutting edge information from ADA
- Bridging the gap between new members and seasoned professionals
- Meet future leaders within the dietetics profession

Legislative Licensure Update

By Laura Freeland Kull, M.S., R.D.

After a very impressive run through the House and Senate, our bill ran out of time. I am sorry to say that we will need to reintroduce our Licensure bill this year. The good news is: We have the support of the Legislators. The bad news is: We have to start over. I am confident with our Lobbyist advocating for us in Lansing that this year we will fly through the Congress once again! Watch for updates in the near future.

The American Dietetic Association's Public Policy Workshop 2005 is taking place March 1-3 in Washington DC. This is an amazing conference and a great opportunity to get involved in legislative issues. This year the conference is taking place from March 1-3 2005 at the Capital Hilton in downtown Washington DC.

You can find a draft agenda on the main page of the ADA website @ www.eatright.org. If you are interested please contact me and I will be happy to give you details. If you are attending, please contact me ASAP, I need to coordinate capital visits and room sharing in the next week or so. At this point I have these members listed as attending:

Laura Freeland Kull

Charity Simpkins

Alice Yankoviak

Lee McDonagh

Lynette Maxey

Ann Constance

If you are interested, please contact me:

Lkull@madonna.edu

Elections: MDA Ballot For 2005-2006

Candidate Statements will be available on the website, www.eatrightmich.org for your review. In the event you do not have access to the website, you can call the MDA Central Office and request that a hard copy of the statements be mailed to you. **The time line will not change; deadline for return is March 5 2005.**

Like last year, you have two options for submitting your ballot. **Please select only one of the options.**

(1) "Snail Mail"- complete the ballot and return it in the enclosed envelope. Please be sure the envelope has your signature and ADA # included (this can be placed on the inside flap) and is postmarked by February 25, 2005.

or

(2) Electronically - log on to the MDA website [www.eatrightmich.org] and go to the Member home page. Once your membership has been confirmed you will be able to select the Nominee Ballot. Next you will be prompted to submit your vote. You will be required to provide your ADA number when submitting on-line. The identification will be used for verification by the Teller. Deadline for electronic submission is also **March 5, 2005.**

Election results will be announced at the Membership Meeting/MDA Annual Conference **Friday May 13, 2005** at the **Crowne Plaza Hotel in Grand Rapids**, Michigan. Direct questions or comments to the MDA Central Office to be forwarded. Call **248-374-9375** or email is: associations@ampteam.net

The Candidates are: MDA- President-elect
Heather L. Stanley -Sutton

MDA- Secretary/Treasurer-elect: Mary Angela Niester and Karen Schmitz

MDA Nominating Committee Karen Giles-Smith, Tanya Lesinski, Lee McDonagh and Alice Jo Rainville (Vote for three)

MDA Institute Trustee and Public Position
(Vote for four: 3 trustees, 1 public member)
_ Kelly E. McGraw, _ Daisy Seremba, _ Charity Simpkins , _ Wanda Chenoweth

Certificate of Training in Weight Management

You are invited to attend a Commission on Dietetic Registration **Certificate of Training** program, which is designed to produce providers of comprehensive weight management care who

also know when and how to refer patients to other specialists. The programs are open to ADA Members, RDs and DTRs.

The **Certificate of Training** programs offer:

- cutting edge information and skills shared by leading practitioners in the field
- cases and exercises to allow hands-on experience
- valuable resource materials and tools for immediate use and future reference
- an opportunity to showcase your expertise by earning a Certificate of Training
- 27 continuing professional education units

Certificate of Training in Adult Weight Management

March 31 – April 2, 2005 – Chicago, IL

June 23-25, 2005 – Atlanta, GA

September 9-10, 2005 – Alexandria, VA

October 26-28, 2005* – St. Louis, MO

***Please note new dates.**

Certificate of Training in Childhood and Adolescent program

February 17-19, 2005 – San Jose, CA

What's Involved?

There are three components to the training program: a self-study module, a 2½ day live workshop, and a post test. You must pass the pre-test to attend the workshop. After successful completion of the on-site workshop and take-home post-test, you will be awarded a wall certificate.

Who is eligible?

MDA members, Board members, Dietetic Students and Interns (must be co-signed by an RD), and this year non-MDA members are also eligible!

Registration Fee: \$345.00

(Registration includes home study module, 2½ day onsite workshop – including beverage breaks and post-test)

To obtain a registration form and to view the certificate requirements and additional programs, please visit the CDR Web site at

<http://www.cdrnet.org/whatsnew/CertificateOfTraining.htm>. To register by phone, please call CDR at 1/800-877-1600, x 5500.

MDA Documentation of Harm Contest

Win Free Registration to MDA's 2005 Annual Conference (a \$200+ value)! Generously donated by Ocene Naglik.

Contest Guidelines:

1. Obtain a Documentation of Harm form (underline would be a link to the form)
2. Submit one case of Documentation of Potentially Harmful Nutrition Information and/or Products to be eligible to win free registration to the 2005 MDA Annual Conference.
3. Documented incidents must have occurred in Michigan between January 1999 to March 1, 2005.
4. All cases must be sent/postmarked by March 5, 2005 and returned to:

Email (preferred method):

Laura Freeland Kull at LKull@madonna.edu

OR Snail mail:

Laura Freeland Kull, M.S., R.D.

MDA At Large Director of Legislation

23917 Whittaker

Farmington MI 48335

OR Fax: 248.476.3660

5. Contestant names will be placed in a drawing and one winner will be selected for free registration. For each case of harm submitted, contestant's name will be entered in the drawing (that means you can send in as many as you have!).
6. Please note that the Documentation of Harm forms must be completed thoroughly in order to be eligible for the drawing.

For further information about this contest, please contact:

Laura Freeland Kull: LKull@madonna.edu

MDA Board of Directors

President: Lee McDonagh

Pres Elect: Judy MacNeill

Sec/Treas: Heather Stanley Sutton

Sec/Treas Elect: Michele Naylor

Delegate: Ocene Naglik

Delegate: Eileen Mikus

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Membership: Nancy Kennedy

Communications: Tonia Reinhard

Legislative: Laura Freeland Kull

Prof Development: Cathy Lynn Francke

Marketing: Ann Hoffman

Non-Voting

Nominating Chair: Jean Egan

MDAI President: Julia Moses

Executive Director: Dave Kasunic